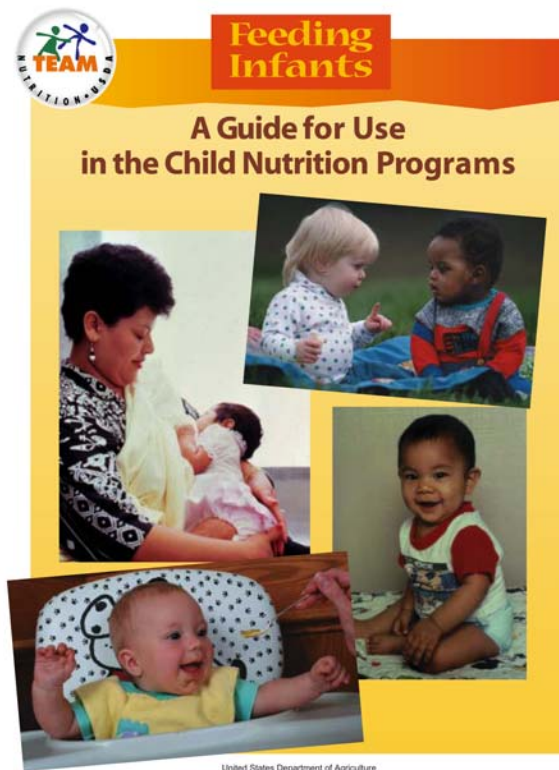


Feeding Infants: A Guide For Use in the Child Nutrition Programs (FNS-258)



- **Distributed Sept. 2002**
- **On FNS Website**
- **104 pages**
- **Revised from 1988 version of FNS-258**
- **Full color with black and white figures for duplication**



Feeding Infants: Caveats

- **Nutrition Guidance publication**
- **All FNS policies, instructions, regulations not included**
- **Contact sponsor/State agency for up-to-date policies and Infant Meal Pattern (“IMP”)**
- **Some State agency policies may differ slightly from guidelines in publication**



Feeding Infants: Caveats

- **Guidelines do not represent an exclusive nutrition care plan for infants**
- **Obtain written recommendations from parent/health care provider and keep on file**
- **Caregiver's responsibility to evaluate appropriateness of guideline**
- **If in doubt, consult parent**



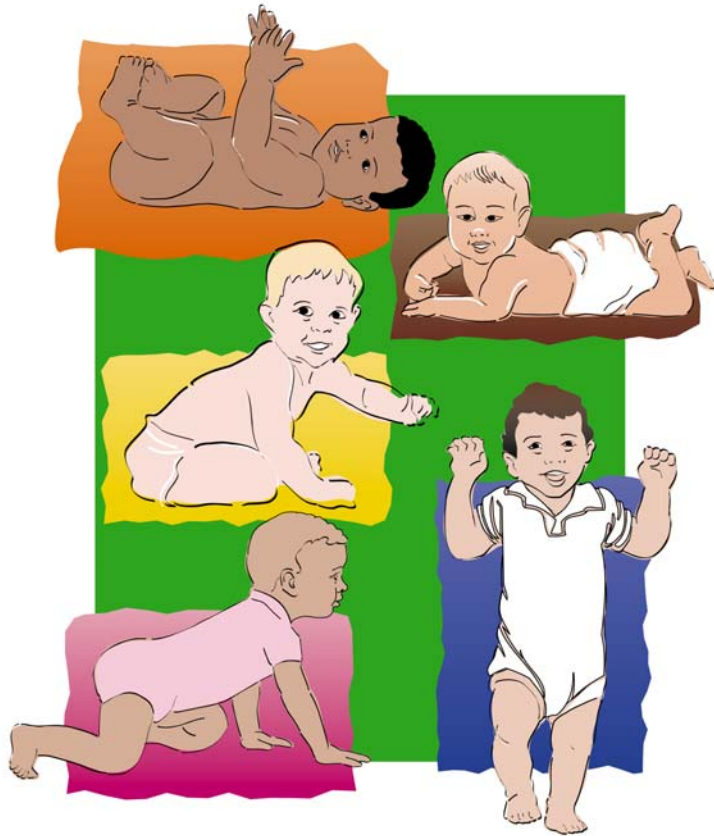
Feeding Infants:

Overview of Chapters: **Introduction**

- Good nutrition is essential to rapid growth and development in first year
- Appropriate feeding= good health, enjoyment of food, good eating habits
- Best care occurs when caregiver communicates frequently with parents to coordinate what is fed at home with foods provided in care

Feeding Infants: Overview

Infant Development & Feeding Skills



- **Baby's development determines:**
 - **Feeding Style--**
Progress from suck/swallow to spoon to finger feeding
 - **Food texture--**
Texture changes from pureed to mashed to chopped to finger food



Feeding Infants: Overview

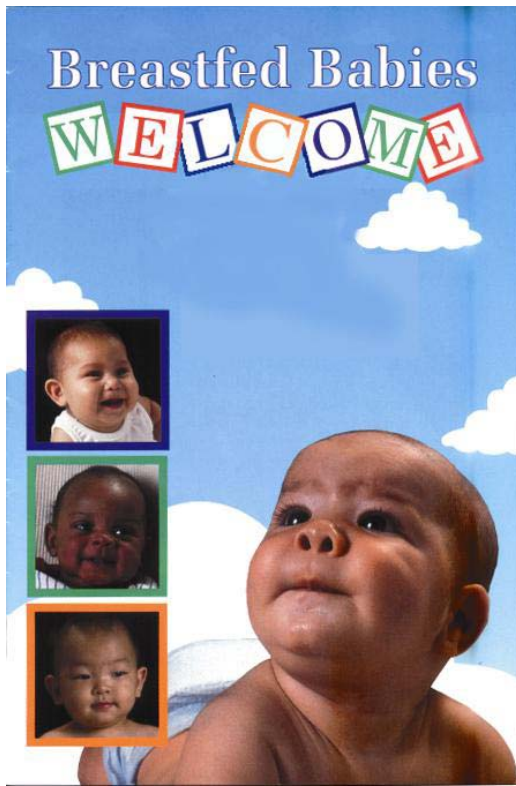
Infant Development & Feeding Skills



- **Figures show:**
 - **developmental skills for age**
 - **signs to watch for on when baby is ready for new textures**

Feeding Infants: Overview

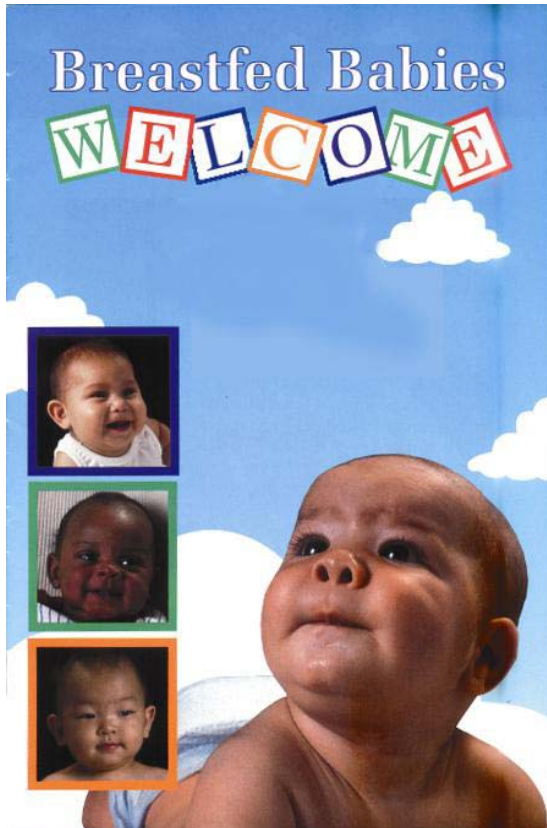
Feeding the Breastfed Baby



- **Breastmilk is the best food for babies**
- **Breastmilk is the only food needed for the 1st 4 to 6 months and important until 1 year of age**
- **Benefits of breastfeeding**

Feeding Infants: Overview

Feeding the Breastfed Baby



- **"Breastfed Babies Welcome Here" packet:**
 - How to help moms breastfeed successfully
 - Poster, providers guide, and a mother's guide
 - Available—NFSMI, 1-800-321-3054



Feeding Infants: Overview

Feeding the Breastfed Baby

- Supporting Breastfeeding Mothers
 - **Mom can breastfeed on visits or caregiver can feed mom's expressed milk**
 - **To help mother:**
 - Offer quiet, comfortable, private place with pillow, stepstool, beverage
 - Place where can wash hands
 - Encourage parents to get baby used to being fed expressed milk by another person
 - Recommend back-up supply of expressed milk
 - Discuss feeding schedule
 - Share community breastfeeding resources & BFBWH Guide



Feeding Infants: Overview

Feeding the Breastfed Baby

- Guidelines on Storing, Handling, and Feeding Breastmilk:
 - **Handling breastmilk before arrives at site**
 - **Handling and storing breastmilk at site**
 - **Preparing and using stored breastmilk**
 - **Cleaning bottles**
- Tips on Preventing Baby from Drinking Another Child's Bottle

Feeding Infants: Overview

Feeding Infant Formula



- **Decision which formula = parents and health care provider make**
- **Iron-fortified formula is required by "IMP"**
- **Parent can decline; then ask what formula in bottles**



Feeding Infants: Overview

Feeding Infant Formula

- An infant on a specialized infant formula should be fed the type of formula prescribed by the infant's health care provider.
- Special formula—need written statement from recognized medical authority on file



Feeding Infants: Overview

Feeding Infant Formula

- Types of infant formula
- Other milks—harmful, not recommended nor reimbursable in “IMP”
 - **Cow’s milk, goat’s milk, evaporated/condensed milk or home-prepared formulas made from those milks**
 - **Soy milk (or soy beverage)**
 - **Imitation milks (rice, nut milks), non-dairy creamer**
- Water to mix with infant formula—make sure safe, always sterilize
- Use of formula over 12 months of age—over 13 months, medical statement required



Feeding Infants: Overview

Feeding Infant Formula

- Purchasing, Storage, Sanitary Preparation, and Handling of Infant Formula
 - Purchasing Cans of Formula
 - Storing Cans of Formula
 - Handling of Formula
 - Preparing Formula
 - Storing Bottles of Formula
 - Warming Infant Formula
- Figure 4 a,b,c—Formula Preparation checklists (**Ready-to-Fed, Liquid concentrate, Powdered**)

Feeding Infants: Overview

How to Feed a Baby Using a Bottle



- Prepare for feeding
 - **Wash hands**
 - **Gently calm**
 - **Follow lead**
 - **How to hold bottle**
- Signs of Hunger
- Signs of Fullness



Feeding Infants: Overview

How to Feed a Baby Using a Bottle

- How to Feed with a Bottle
 - How to hold baby & bottle during feeding
 - Why propping a bottle is bad
 - Choking, suffocation, ear infections, tooth decay, less cuddling & human contact
 - Do not let baby carry bottle around
 - Tooth decay, drink too much, share bottles, liquid spoil, glass bottle can break



Feeding Infants: Overview

How to Feed a Baby Using a Bottle

- Feed while awake, not napping or sleeping—no bottles in bed
- Burping—wait for baby to stop drinking
- Drinking from a cup—offer cup with breastmilk or infant formula at about 8 months (fruit juice can be offered in cup at 6 months of age or older)

Feeding Infants: Overview

How to Feed a Baby Using a Bottle



- **Sleeping or Resting Position Before or After Feeding**
- **Ask parents about health care provider's recommendation**
- **"Back to Sleep"**
- **SIDS**



Feeding Infants: Overview

How to Feed a Baby Using a Bottle

- Back to Sleep Campaign
 - Sponsored by DHHS, AAP, SIDS Assoc.
 - Tips to lower risk of SIDS
- U.S. Consumer Product Safety Commission precautions to prevent deaths or injuries in playpens
- Figure 5 on Tips on Feeding with a Bottle

Feeding Infants: Overview

Preventing Tooth Decay



- **Baby bottle tooth decay or early childhood caries:**
 - Babies with teeth fall asleep with bottle in mouth
 - Babies who drink from bottle (or sippy cup) with juice, sweet liquid, formula for long periods



Feeding Infants: Overview

Preventing Tooth Decay

- To prevent tooth decay:
 - **Feed only breastmilk or formula from bottle**
 - **No juice in bottle, only in cup; do not feed more than 4 ounces of juice per day**
 - **Bottle only at feeding time, not naps**
 - **No bottles in crib, playpen, no propping**
 - **If pacifier, only plain, nothing on it**
 - **Do not use cold bottle juice for teething pain**
 - **Do not let baby carry around sippy cup**



Feeding Infants: Overview

Preventing Tooth Decay

- To prevent tooth decay:
(continued)
 - No water with honey, sugar, or corn syrup soda, sweet iced tea, juice drinks, or other sweet drinks) in bottle (or cup)
 - Do not feed sweet or sticky sweet foods
 - Gradually shift bottle feedings to cup feedings between 6 and 12 months
 - Discuss cleaning baby's teeth/gums with parents

Feeding Infants: Overview

Feeding Solid Foods



- By 4 to 6 months, most babies are ready to eat solid foods
- Readiness for solid foods
 - Indicators of readiness
 - Indicators of fullness



Feeding Infants: Overview

Feeding Solid Foods

- Solid Foods and the Infant Meal Pattern
 - When infant is ready for solid foods, must serve to make reimbursable meal
 - Feed when hungry, do not restrict to rigid feeding schedule
- Figure 8—How “IMP” corresponds with changes with food texture and feeding style
- Talk w/parents about baby’s eating
 - Consult about when to feed foods
 - Written instructions/Take home sheet



Feeding Infants: Overview

Feeding Solid Foods

- Learn about cross-cultural food habits
- Food Allergy or Intolerance
 - **Ask for list of foods baby should not be fed**
 - **Follow and coordinate recommended steps**
 - **Symptoms, what to do if severe reaction**
- Babies with Delayed Development
 - **Examples of conditions**
 - **Follow feeding instructions from health care provider**



Feeding Infants: Overview

Feeding Solid Foods

- Babies with Special Dietary Needs
- Feeding Solids Foods Too Early
 - **Choke, food allergies, consume less breastmilk or formula**
 - **Not help sleep through night**
- Feeding Solid Foods Too Late
 - **Not learn to eat right, malnourished, iron-deficiency anemia, poor growth**



Feeding Infants: Overview

Feeding Solid Foods

- Introducing New Foods
 - **Iron-fortified Infant Cereal**
 - **Vegetables and Fruits**
 - **Meat and Meat Alternates**
 - **Bread and Crackers**
 - **Other Foods (sweeteners, sweet foods, honey, artificial sweeteners)**
- Figures

Feeding Infants: Overview

Drinking From a Cup



- **Tips to help baby drink from a cup**
- **Weaning from a bottle:**
 - 12-14 months
 - After 14 months:
 - **Tooth decay**
 - **Too much milk, less food**
 - **Feeding skills delay**



Feeding Infants: Overview

Drinking From a Cup

- Breastmilk or formula from a cup
- Fruit juice
 - Consult and coordinate with parents'
 - Tips on introducing, check allergies
 - Not before 6 months of age
 - 100%, full-strength, pasteurized, vitamin C
 - No more than 4 ounces per day—too much can be harmful



Feeding Infants: Overview

Drinking From a Cup

- Other Beverages
 - Water—consult with parents re: MD recommendation
 - Safe water supply, sterilize, how to use tap water & boil, flood, or disaster
 - Whole cow's milk—**NOT** reimbursable
 - Reduced-fat, fat-free cow's milk—**NO**
 - Other milks

Feeding Infants: Overview

Choking Prevention



- **Babies at risk of choking due to poor chewing and swallowing abilities**
- **Serve foods with right texture and avoid choking-risk foods**



Feeding Infants: Overview

Choking Prevention

- Preventing Choking When Serving Foods
- Feeding and Eating Behaviors to Avoid
- Acceptable Finger Foods
- Foods to Avoid That Can Cause Choking
- Food Preparation Techniques to Lower Choking Risk



Feeding Infants: Overview

Choking Prevention

- For more information
 - Contact information for American Red Cross, American Heart Assoc., American Lung Assoc., American Academy of Pediatrics
 - Choking and CPR instructions deleted
- Figure 9—You Can Help Prevent Choking

Feeding Infants: Sanitary Food Preparation & Safe Food Handling



- **Babies more susceptible to bacteria than others**
- **Unsanitary conditions can cause serious infections**
- **State & local guidelines may vary**



Feeding Infants: Sanitary Food Preparation & Safe Food Handling

- Hand Washing
 - **When should hands be washed?**
 - Before you... After you...
- If Caregiver Has Illness or Infected Injury
- Food Preparation Areas are Not for Diaper Changing
- Cleaning/Sanitizing Food Preparation Areas, Equipment, Dishes, Utensils, Dining Areas



Feeding Infants: Sanitary Food Preparation & Safe Food Handling

- Follow applicable Federal, State, and local food service rules and regulations
- Do not use styrofoam cups, plates or breakable plastic utensils
- Caring For Our Children: **National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs**

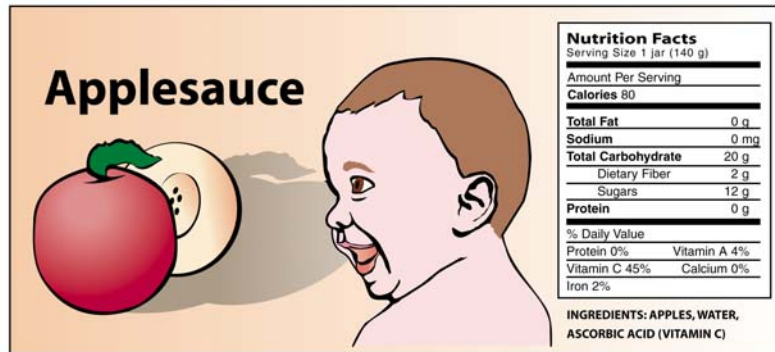


Feeding Infants: Sanitary Food Preparation & Safe Food Handling

- Clothing of Caregiver Involved in Food Preparation or Handling
- Refrigerator and Freezer Temperature—**Check regularly; 40°/0° F**
- Reducing Lead Exposure from Food
- Figure 10—Hand Washing Tips

Feeding Infants: Overview

Commercially Prepared Baby Food



- Provides guidelines on purchasing, serving, and storing commercially prepared baby food
- Sample nutrition label and ingredient list

Feeding Infants: Overview

Home-Prepared Baby Food



- **Home-Prepared Baby Food**
 - **Nutritious**
 - **Economical**
 - **More control over variety and texture**
 - **Safe preparation is very important**
 - **Avoid some table foods**



Feeding Infants: Overview

Home-Prepared Baby Food

- When preparing foods at home:
 - **Prepare and store safely**
 - **Prepare appropriate texture**
 - **Prepare to conserve nutrients**
 - **Do not add unnecessary ingredients (e.g., sugar, salt)**



Feeding Infants: Overview

Home-Prepared Baby Food

- When preparing foods at home:
 - **Take special care with baby's bottles, food, utensils, and dishes**
 - **Wash Hands! Wash and sanitize all equipment, appliances, dishes, utensils, and food prep and serving surfaces**
- Equipment for Preparing Baby Food

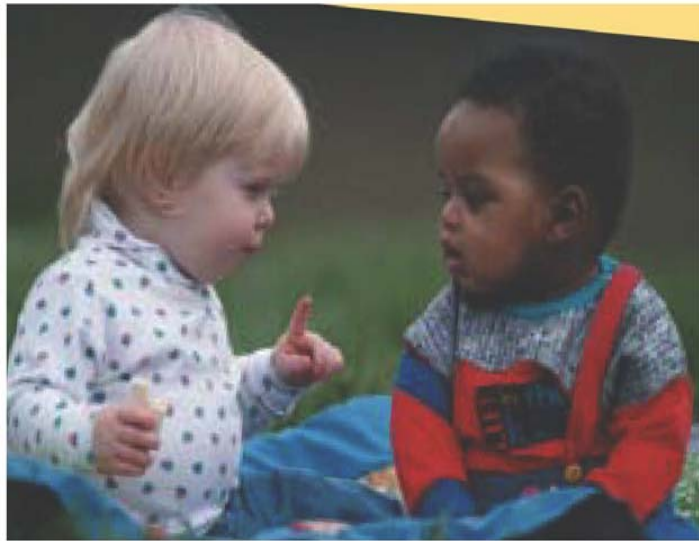


Feeding Infants: Overview

Bibliography and Resources

- Bibliography
 - **Reference Articles and Books on Nutrition for Infants**
- Resources on Infant Nutrition, Food Safety, and Related Topics
 - **Organizations, resources available, contact information**

Feeding Infants: **Publication Availability**



- **Check with sponsor or State agency for copies**
- **Can download from FNS Web page at:**
http://www.fns.usda.gov/tn/Resources/feeding_infants.html